HOW LIFESTYLE AND QUALITY OF LIFE DIFFER BETWEEN SEVENTH-DAY ADVENTISTS AND NON SEVENTH-DAY ADVENTISTS AS IT RELATES TO DEVELOPMENT OF CHRONIC DISEASE IN TRINIDAD, WEST INDIES

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Background: Lifestyle practices have an enormous influence upon one's quality of life (Ichinohe et al. 2005). In the second half of the 20th century, chronic disease emerged as the leading causes of death and disability in a vast number of developed countries (Swaby, et al. 2001). According to Anderson (2008), six out of ten (10) leading causes of death in the USA are chronic diseases including heart disease, cancer, stoke, chronic lower respiratory tract disease, diabetes and Alzheimer disease. Physical inactivity, poor nutrition, smoking and hazardous drinking have been identified by numerous studies as root causes of these diseases.

Objective: To distinguish if there are any differences in life pattern between SDA and the general population and if so to they allow the SDA a better quality of life when compare with the general population.

Design: A cross sectional study consisting of 120 participants (60 SDA's and 60 from the general population) between the ages of 20-60 years from Trinidad West Indies. Demographic, dietary, physical activity, cigarette smoking and alcohol data were collected via a constructed questionnaire. Data was analyzed via SPSS version 14.0.

Results: 31% of respondents from the SDA group report forms of vegetarianism. Vegetarian status was positively associated to BMI. Significantly more respondents from the general population group consumed alcohol (P = .002) and caffeinated beverages (P = <.001). There were no significant differences between both groups in relation to quality of life outcome in the physical and psychological domains (P = .155 and P = .903 respectively).

Main Outcome Measure: Risk factors associated with increased or decreased quality of life outcome.

Conclusion: This study showed no significant difference between the general population and SDA's in Trinidad. However, there were differences in eating patterns between both groups.